WEAKNESS, LAZINESS AND BLOOD DISEASES

Tib e Ahlebait a.s

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بسم الله الرحمن الرحيم

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Weakness

Cause:

1. Eating soil
2. Skipping dinner
3. Eating blood (not washing meat thoroughly)
4. Eating fish
5. Ushnan (seidlitzia rosmarinus)
6. Eating Dead's meat
7. Taking bath while empty stomach
8. Eggs
9. Bath with cold water
10. Alcohol
11. Dried meat
12. Cheese
13. Qadid
14. Jealousy
15. Long hairs
16. Intercourse at early night

17. Stomach weakness (discussed in previous books)
18. Blood deficiency

Narrations

Prophet Muhammad PBUH said:

1. Ten things cause premature aging

a. More intimacy with women
b. Washing head with wet mud
c. Talking in toilet
d. Excess use of scents and perfumes
e. Drinking water at night
f. Looking at woman's private parts
g. Sleeping on face
h. Drinking water at night while standing
i. Wiping face with sleeves

(al Mahasin vol 2 pg 196)

2. Grief, panic and anxiety are the half of maturity (aged).
3. Don't give up on dinner, even if it's just a date. I am afraid that skipping dinner will cause old age and decay on the people of my ummah Overcome

(incapacity) because dinner is a source of strength for both young and old.

(Al Mahasin vol 2 pg 196)

Imam Ali a.s said:

1. The prophets ate dinner after Isha. They were not ignorant of dinner. Because skipping dinner causes illness.

(Mustadrak vol 1 pg 1372)

2. Grief is one kind of oldness.

(Tib ul Aimma a.s)

Imam Ja'far Sadiq a.s:

1. Three things cause weakness and death. Eating qadid (a kind of dried and salted meat). Bath after meal and intercourse with old woman.

(Man la yahdhar vol 1 pg 146)

2. Ushnan (seidlitzia rosmarinus) weakens the body. (melts fat)

(Mustadrak vol 1 pg 237)

3. By eating fish body becomes weak.

(Mustadrak vol 17 pg 56)

4. Don't take bath with cold water. It weakens body.

(Mustadrak vol 1 pg 1372)

5. Allah has not prohibited due to its name but due to its side effects as it weakens the body and spoils brightness (spirituality)

(Mustadrak vol 17 pg 242)

6. Whoever will eat dead meat, its body become weak. It destroys body health and strength. His breed (generation) will be cut off. And causes unexpected death.

(Al Kafi pg 666)

7. Eating blood causes bad breath, ugliness, madness, cruelty to an extent that he can kill his own parents or children, neither his relatives are safe.

(Al Kafi vol 6 pg 66)

8. Eating soil or mud causes illness and increase the rate of illness. Who eats soil will have lost his previous strength. It will be asked by him and he will be punished.

(Al Kafi vol 6 pg 723)

9. Skipping dinners weakens man. Never ever sleep without having dinner.

(Usool al Kafi vol 6 pg 783)

10. Washing hands before meal is necessary, it keeps away from diseases and eliminates poverty and weakness.

(Tib Aale Muhammad s.a.w.w)

11. Jealousy melts the body.

(Uyoon ul Hakam o Wa'z pg 23)

12. Three things weaken the body. Cheese, dried meat and date blossoms.

(Al Mahasin vol 2 pg 254)

13. Four things cause premature aging. Eating dry meat, sitting in a wet place, climbing stairs, having sex with old women.

(Bihar ul Anwar vol78 pg 230)

14. Eating fat causes weakness.

(Tuhf ul U'qool pg 380)

15. Three things can destroy a person and make the body weak. Intercourse with full stomach, bath with full stomach, intercourse with old woman.

(Man La Yahdar vol 3 pg 555)

16. There are three signs of old age: loss of vision, bending of the back, shortness of the foot.

(Al Khisal pg 64)

Imam Musa Kazim a.s said:

1. Eating meat makes the body fat and eating fish weakens it.

(Mustadrak vol 17 pg 54)

2. Long hairs reduce semen, weakens joints and makes the body weak and lazy.

(Bihar Ul Anwar vol 73 pg 91)

Imam Ali Raza a.s said:

The body has a little vein called 'Isha.

So if a person skips dinner, the vein keeps cursing him till morning. And she says: May Allah keep you hungry as you have made me hungry as you have

made me thirsty, so let none of you forsake a single supper, whether it be a morsel of bread or a sip of water.

(Al Kafi vol 6 pg 787)

Things which strengthens the body

1. Sawiq e Sinjid
2. Beetroot leaves
3. Dates
4. Sawiq e Gandum
5. Halim (wheat and meat soup)
6. Dills
7. Rice bread
8. Pumpkin
9. Pomegranate
10. Barley bread
11. Olive+ vinegar+ meat
12. Meat+ milk
13. Kabab (grilled meat)
14. Lamb’s meat cooked in cow’s milk
15. Wheat Haleem
16. Raisins
17. Salt of prophet PBUH
18. Quince

19. Chicory
20. Apple
21. Pears
22. Pigeon meat
23. Meat+ milk+ olive oil
24. Taking Bath one in two days
25. Milk
26. 21 raisins early in the morning
27. Chamomile tea
28. Cure of stomach, and medicines which purifies blood
29. Propolis+ royal jelly+ bee pollen (In case of allergy don't use pollen) it is really great and natural medicine.

Medicines in Tib E Ahlebait a.s:

1. Sawiq e Gandum
2. Sawiq e Sinjid
3. Qurs e khoon
4. Kurrath
5. Murakkabe 2
6. Murakkabe 4
7. Hazoom
8. Jame'+ chives
9. Imam Raza's syrup

10. Noorah
11. Taqwiyat e a ’sab
12. Saaf kunandeh

Narrations (the beneficial foods)

Prophet PBUH said:

1. Once any prophet complained to God about weakness and weak intercourse strength. Allah suggested him to eat Haleem. (wheat +meat)

   (Usool e Kafi vol 6 pg 319)
2. Eat quince along its seeds. It gives strength to body and cleanses the stomach.

   (Tib ul Aimma a.s pg 136)
3. Three things cause the body to rejuvenate and grow. Using natural scents, soft cloths (by natural means) and eating honey.

   (Tib Un Nabi pg 25)

Imam Ali a.s said:

1. Whoever wants to be healthy should not eat till the stomach become empty and be hungry. And stop eating while there is some appetite.

   (Tib ul Ale Muhammad PBUH)

2. Prevent yourself from the beginning of winter and welcome its end because its affects your body as it does on the tree leaves. It burns them at beginning and rejuvenate them in the end.

(Nehj ul Balaghah, Hikmat 128)

Imam Baqir a.s:

Once someone discussed about meat and cow's milk with Imam Baqir a.s. imam a.s said cook them together and have it and give me too. (for body strength)

(Al Mahasin vol 2 pg 400)

Imam Ja'far e Sadiq a.s said:

1. Two things are beneficial for the body. And doesn't harm the body. The one is pomegranate and the other is warm water. And two things are harmful to the body the cheese and dried meat. they don't have any benefit for the body.

(Mustadrak vol 17 pg 37)

2. Give rice bread to the person who has stomach problem, because nothing else is beneficial for the stomach more than rice bread. It cures corrects stomach and cures TB.

(Al Kafi vol 6 pg 832)

3. Sathoo (sawiq) is the best food which came by revelation. Wheat Sathoo strengthens bones, build muscles over it, digest the food, if it is taken by olive oil it softens the skin and increases men power,

(Al Kafi vol 6 pg 834)

4. Eat pomegranates because it is the master of all fruits. There is cure for all disease in each seed of it and cures obsession.

(Al Kafi vol 6 pg 970)

5. Consuming different types of food is harmful to the body. Eat sarid (vinegar, olive, bread) it is my favorite food.

(Usool Kafi vol 6 pg 318)

6. Meat grows meat. Whoever do not eat meat for 40 days he will be immoral. And who became immoral or vile say azan in his ear.

(Usool e kafi vol 6 pg 195)

7. Eat meat once in a week. Don't be habitual of eating meat.

(Al Mahasin vol 2 pg 469)

8. Noah a.s complained about weakness to Allah. God said him (revelation) to have meat cooked in milk. (lamb meat with cow's milk is better)

(Tib ul Aimma a.s pg 74)

9. Cook lamb's meat in cow's milk. It is cure of all disease and strengthens the body.

(Tib ul Aimma a.s pg 74)

10. Washing hands before meal is necessary because it eliminates diseases, poverty and weakness.

(Ad Da'awat pg 80)

11. There are three things that make the body weak and three things that make the body weak.

Things which make body healthy are:

A. Taking bath once in two days
B. Smelling scents
C. Wearing soft cloths

(Al Khisal pg 155)

12. Wear linen. It is the clothing of the prophets and it build muscles.

(Usool e Kafi vol 6 pg 429)

13. The Sunnah period of applying Noorah is after 15 days, if twenty days past and you don't have any amount to buy Noorah, so trust God and borrow some money to buy that because it clears the body.

(Usool e Kafi vol 8 pg 198)

14. If you want to your body to build muscle, then take bath after eating some little amount of food (don't take bath with full or empty stomach)

(Tib ul Aimma a.s pg 66)

15. Milk grows meat and strengthens bones.

(Jawahir ul Kalam vol 36 pg 396)

16. Whoever eats a morsel of fat, it will eliminate that amount disease from the body. (cow ghee)

(kafi vol 6 pg 311)

17. Drinking water while standing during the day is the cause of safety and strength of the body. (but not at night)

(Usool e Kafi vol 6 pg 382)

18. Having some sugar after cupping increases blood and gives strength to the body.

(Makarim ul Akhlaq pg 84)

19. Whoever eats Sathoo for forty days he will become strong.

(Usool e Kafi vol 6 pg 837, 506, 119)

20. Don't take bath while empty stomach it diminishes stomach heat. Eat something before bath it gives strength to the body and don't take bath while full stomach.

Imam Musa Kazim a.s said:

1. Once someone became ill and weak in Madinah. Imam Kazim a.s suggested him to have kabab (grilled meat). It strengthens the body.

(Usool e Kafi vol 6 pg 318)

2. Applying Noorah make semen and strengthens body.

(Mustatrifat pg 575)

3. When sawiq is washed seven times by exchanging its water from one pot to another and eaten it strengthens legs and feet.

(Usool e Kafi vol 6 pg 306)

4. Noorah increases semen and strengthens body.

(Al Mahasin vol 2 pg 463)

Imam Ali Raza a.s said:

1. Barley bread has the virtue over all other breads as us on other people. There was no any prophet who didn't eat barley. God has put blessings in it. It eliminates all the diseases from the stomach of one who eat it. Barley bread is the food of Prophets and benefactors.

(Al Kafi vol 6 pg 831)

2. Eat beetroot leaves it grow muscles and give strength to bones.

(Humaan pg 519)

Laziness

Cure:

1. Drinking warm water after every four hours
2. Take bath
3. Honey+ warm water

Prophet PBUH said:

1. Eat Zante currant it eradicates bile, mucus, strengthens brain and abolish grief and tiredness.

(Tib ul Aimma a.s)

2. Destruction is the result of laziness and humility.

Imam Ali a.s said:

1. Avoid two kinds of habits. Illiberalness and laziness, because if you are illiberal you can't

tolerate the truth and if you are lazy you can't be sincere to your tasks.

(Bihar ul Anwar vol 77 pg 48)

2. Laziness is one of the causes of deprivation.

(Bihar ul Anwar vol 77 pg 208)

3. Laggardness causes laziness.

(Ghurar ul Hakam)

4. Laggard causes to miss suitable occasions.

(Ghurar ul Hakam)

5. Laggardness destroys goal.

(Ghurar ul Hakam)

6. Whoever avoids laziness and selfishness he will never face any difficulty.

7. Laziness is the habit of fool.

1. Once Imam a.s ordered some dates, ate them and said: “I didn’t want to eat dates but because I ate fish so I ate some dates.”

   And said: “whoever eat fish and do not eat some dates or honey after that and go to sleep, there will be laziness till morning.”

   (Usool e Kafi vol 6 pg 323)

Imam Musa e Kazim a.s said:

1. Rubbing earthenware on body causes tiredness.

   (Mustadrak vol 1 pg 380)

2. Long hairs reduce semen, weakens joints and make body lazy.

   (Bihar ul Anwar vol 73 pg 91)

Imam Ali Raza a.s said:

1. Taking bath with cold water after eating fish causes laziness.

   (Bihar ul Anwar vol 62 pg 321)

2. Eating melon in breakfast causes laziness.

(Makarim ul Akhlaq vol 1 pg 401)

Blood diseases

Musa Bin Bakr says, I became ill in Madinah and went to Imam Kazim a.s. Imam a.s asked about my weakness and suggested me to have kababs. I had and became healthy.

(Wasail ush Shia vol 17 pg 63)

Imam Ja'far Sadiq a.s said:

1. Eat broad beans along its peel it strengthens bones and make fresh blood.

(Humaan pg 344)

2. Once Imam Ja'far Sadiq a.s had cupping, and had 3 pieces of sugar and said: having some sugar after cupping cleanses blood and reduces heat.

(Tib ul Aimma pg 59)

Sugar regenerates blood and give energy.

(Makarim ul Akhlaq pg 84)

3. Eat lettuce it cures bleeding.
(Makarim ul Akhlaq pg 183)

4. Consume lentil sawiq. It relief thirst, strengthens stomach. It is cure for 70 diseases. Treat bile, Cools the stomach, relieves high blood pressure and eliminates heat.
(Usool e Kafi vol 6 pg 307)

Blood deficiency

Symptoms:

1. Headache
2. Weakness
3. Dizziness
4. Breath problems
5. Dull face and skin

Causes:

1. Blood dysfunction (blood impurity)
2. Processed food
3. Consuming old and un washed meat
4. Fever

5. Bleeding or piles
6. Sleeping late night
7. Giving dry milk powder to kids instead mother feed
8. Sleeping while sun rise or set

Cure:

1. Chives
2. Raisins
3. Pomegranate
4. Apples in breakfast
5. Kabab (grilled meat)
6. Sugar
7. Pomegranate
8. Figs
9. Sawiq e Gandum
10. Dill+ honey
11. Beetroot leaves
12. Broad beans along its skin
13. Cow's butter (ghee)
14. Purslane
15. Dates

16. Honey+ milk
17. Jojoba (red dates)
18. Beans
19. Mulberry, grape or date syrup
20. Plums
21. Lamb's meat cooked in cow's milk

Medicines:

1. Daroo e Qurs e khoon
2. Daroo e Kurrath
3. Imam Ali Raza's syrup
4. Sawiq
5. Jame'+ chives juice
6. Jame'+ beetroot leaves juice

Blood purifiers:

1. Chives
2. Drinking warm water after every 4 hours
3. Honey+ warm water
4. Fumitory or earth smoke
5. Chicory
6. Beetroot leaves

7. Lettuce
8. Cupping
9. Jojoba
10. Dried plums

Medicines:

1. Saaf kunandeh
2. Senna leaves (not recommended for pregnant women)

Blood ascendency

Imam Ali Raza a.s said:

Blood ascendency has 4 symptoms:

1. Body itching, pimples and breakouts, feeling sleepy and dizziness.

(Al Khisal pg 511)

Medicines:

1. Daroo e Saaf kunandeh
2. Sawiq e adas
3. Lettuce

4. Beetroot leaves
5. Chicory
6. Fumitory
7. Cold bath
8. Dried plums
9. Cupping and venesection
10. Pomegranate
11. Olive oil

Thalassemia

Thalassemia is a blood disorder passed down through families (inherited) in which the body makes an abnormal form or inadequate amount of hemoglobin. Hemoglobin is the protein in red blood cells that carries oxygen. The disorder results in large numbers of red blood cells being destroyed, which leads to anemia.

There are two main types of thalassemia:

1. Alpha **thalassemia** occurs when a gene or genes related to the alpha globin protein are missing or changed (mutated).

2. Beta **thalassemia** occurs when similar gene defects affect production of the beta globin protein

Symptoms:

1. Fatigue and weakness
2. Yellowish skin
3. Blackish urine
4. Body weakness and pain
5. Lightheadedness

Food therapy

1. Dills+ honey
2. Chicory
3. Pomegranate
4. Allium schoenoprasum
5. Warm water
6. Jojoba
7. Russian olives powdered
8. Broad beans

Medicines:

1. Maqal arzuq
2. Qurs e khoon

3. Murakkabe 6
4. Kurrath
5. Jame'+ chive juice once in a week
6. Hazoom
7. Zanbaq Saaf kunandeh)
8. Ghabira
9. Saooth kundesh
10. Sesame oil +violet
11. Doseen
12. Daroo e ban

Healing treatment:

Apply olive oil+ violet on hair for 20 days and after that do cupping and extract some blood to cleanse the spleen and liver. Have some sugar (natural) after cupping.

Preventions and avoidances:

1. Fish
2. Vinegar
3. Chicken

Anemia

Treatment and cure:

1. Pomegranate
2. Chives juice and vegetables
3. Dates
4. Beetroot leaves
5. Lamb's meat cooked in cow's milk
6. Zante currant
7. Ispand (peganum harmala) juice
8. Figs
9. Broad beans
10. Strawberries
11. Baid mushk (musk willow)
12. Milk+ honey
13. Jaggery
14. Alfalfa
15. Grape syrup
16. Date syrup
17. Mulberries syrup
18. Plums
19. Barberries
20. Sawiq e Gandum
21. Sawiq e sinjid

Medicines in Tib:

1. Qurs e khoon
2. Daroo e khoon saz
3. Jame’
4. Imam Raza a.s syrup

Blood clotting

Also called Thrombophilia, Hypercoagulable disorder and Clotting disorder.

Blood clots form in the heart, pelvis, lungs, brain, spleen, veins and blood vessels, which affects the blood supply. Can cause paralysis heart attack and many more diseases.

Symptoms:

1. **Leg stiffness:** People who have experienced a blood clot may feel a tingling sensation in their legs, which can lead to blood clots in a large area. Ignore the blood clot in the leg for a day Can cause lung problems and can be extremely dangerous.

2. **Tingling:** Persistent tingling or tingling in one of the limbs is one of the symptoms of blood clots.

Which Feel like the needle sticking out but if you are a patient with high blood pressure you should focus on any kind of tingling sensation.

3. **Colorless or dull skin:** Blood clots affect the normal circulation of blood, causing the affected area to turn yellow or colorless. If any part of your one leg is more yellow or off-body, it is a sign of blood clotting.

4. **Warm or cold Skin when touched:** The most common symptom is a rapid change in temperature, such as a discoloration of the affected part of the body.

5. **Swelling of the one arm or leg:** Swelling of a leg or hand is one of the most obvious signs of blood clots. In fact, it is difficult for blood to reach the legs as a result of blood clotting, And the blood seems to have accumulated in the place where the clot has formed, which results in swelling

6. **Excessive sweating:** If the weather is not warm then persistent sweating can be a sign of a

blood clot, close to the lungs or the lungs. This is a very serious type of symptom that requires immediate treatment.

7. **Difficulty breathing or rapid heartbeat:** Blood clots in the lungs slow down the flow of oxygen, make the heart beat faster and cause shortness of breath. You may even feel dizzy-

8. **Chest Pain:** There may be chest pain, you may have a heart attack, but it may be a clot In fact, the symptoms of both are similar, the pain caused by the freezing of the blood feels like a sharp dagger, Especially deep breathing feels Worse, in a heart attack, the patient may feel pain spreading to the shoulders, jaws, or kidneys.

9. **Cough for no reason:** If you have shortness of breath, rapid heartbeat, or coughing with chest pain, this is a clear sign of clotting. The cough is dry but sometimes mucus or phlegm comes out. Skin redness, especially on the back of the knee below the knee, back

of the knee, shortness of breath Blood in the urine and feces.

10. Hands and feet are very cold
11. Severe headache

Causes (in Islamic Tib):

1. Intense cold and cold foods
2. Phlegm

Cure:

1. Daroo e lakhta e khoon (for all types of blood clotting)
2. Baz kunandeh Urooq (to open veins)

Blood clotting in brain

Treatment in Tib e Ahlebait a.s:

1. Jame'+ marjoram water
2. Shafia + marjoram water
3. Daroo e Baz kunandeh urooq
4. Daroo e lakhta e khoon
5. Roghan e banafsha paye kunjid in nose
6. Daroo e Saaf kunandeh khoon

Blood clotting in lungs

Treatment:

1. Daroo e Turaifel
2. Daroo e lakhta e khoon
3. Daroo e Kasham
4. Jame'+ fennel water

Blood clotting in veins and arteries

Treatment:

1. Daroo e baz kunandeh urooq
2. Daroo e lakhta e khoon
3. Saaf kunandeh
4. Turaifel

Fetus

treatment:

1. Daroo e lakhta e khoon
2. Jame'+ anghoza
3. Saaf kunandeh

Blood clotting in heart:

Treatment:

1. Daroo e Turaifel

2. Daroo e lakhta e khoon
3. Jame'+ marjoram water
4. Shafia + marjoram water
5. Daroo e Qurs e khoon
6. Sitting with back to the sun

Foods:

1. Figs
2. Peganum harmala
3. Ginger
4. Pomegranate
5. Carom seeds+ walnut

Thrombocytosis (high blood platelets)

Platelets, or thrombocytes, are small, colorless cell fragments in our blood that form clots and stop or prevent bleeding. **Platelets** are made in our bone marrow, the sponge-like tissue inside our bones. Platelets are tiny blood cells that help your body form clots to stop bleeding. If one of your blood vessels gets damaged, it sends out signals to the platelets. The platelets then rush to the site of damage. they form a plug (clot) to fix the

damage. Platelets are only about 20% of the diameter of red blood cells. The normal platelet count is 150,000-350,000 per microliter of blood, but since platelets are so small, they make up just a tiny fraction of the blood volume. The principal function of platelets is to prevent **bleeding**

There are two types of thrombocytosis: primary and secondary. 1. Primary thrombocytosis, also known as essential thrombocythemia (or ET), is a disease in which abnormal cells in the bone marrow cause an increase in platelets.

Female essential thrombocythemia is an inherited disease

Causes:

1. Blood dysfunction or impurity
2. Cold foods

Treatment:

1. Daroo e Saaf kunandeh
2. Senna+ rose
3. Cupping

PNH (Paroxysmal nocturnal hemoglobinuria)

Paroxysmal nocturnal hemoglobinuria (**PNH**) is a rare acquired, life-threatening disease of the blood. The disease is characterized by destruction of red blood cells (hemolytic anemia), blood clots (thrombosis), and impaired bone marrow function (not making enough of the three blood components). Researchers believe that defective PNH stem cells survive the misguided attack by the immune system and multiply, while healthy stem cells are destroyed, resulting in the development of PNH.

Symptoms:

1. Weakness and fatigue
2. Easy injury or bleeding
3. Shortness of breath
4. Symptoms such as recurrent fungal infections or flu.
5. With very minor injuries, it is difficult to control the flow of blood

Medicines:

1. Daroo e balgham zadeh

2. Daroo e Turaifel
3. Daroo e lakhta e khoon

Food:

1. Hot and warm temper food
2. Avoid cold foods

Poisoning, Snake or scorpion or venomous fly bite

First aid:

Try to get the patient to vomit immediately . For example, give the patient a glass of warm rose water or a glass of warm water mixed with sea salt.
Put your fingers in mouth to make vomit-

First aid for snake bites: Cut the area where the snake or scorpion bites, remove the blood. Don't give him water as the poison will spread through whole body. Apply some salt on the affected area it will reduce the poison. If three hours are past, then give some warm rose water and 4tbs olive oil to the patient.

To eradicate the poison:

1. Give Ajwa dates to the patient

2. Sawiq e saib (apple)
3. Avoid any physical activity
4. Drink some thyme+ honey tea after every 6 hours
5. Milk+ rose water+ honey
6. Add some salt in water and recite surah al Hamd, surah al Falaq, surah Naas and blow into water drink that and apply on affected area as well
7. Use honey+ cow's ghee

Tib e Ahlebait a.s medicines;

1. Jame'+ anghoza water
2. Add some anghoza and one jame' in hot water and have it
3. Shafia of 14 months +eggplant seeds

Grind 1tbs eggplant seeds and boil it in 2 cups of water then drain it and add shafia (about one chickpea) in it and have it warm.

4. Daroo e Hazrat Muhammad s.a.w.w
5. Wild cabbage (dried is better)
6. Cupping
7. Apply lemon on bite
8. Drink warm lemonade
9. After Fajar's prayer Put hand on affected are and recite:

«بسم اللہ وباللہ ومحمد رسول اللہ صلی اللہ علیہ وآلہ»

Recite seven times:

«اشفنی یاشافی اِلا شفاء اِلا شفاؤک شفاء لا یغادر سقما»

10. Recite Surah Nazi ‘at

11. Recite surah Burooj and blow into water and drink

12. Smoke a pomegranate tree to repel all insects

Incurable diseases

Why The incurable diseases are discussed by Ahlebait? however Prophet PBUH said
“There is cure for every disease”
(sharh Usool Kafi vol 11 pg 118)

“Allah Almighty has created the illness with its cure except death which has no any cure”
(Mustadrak ul Wasail vol 12 pg 436)

Imam Sadiq a.s said:

Black seeds are the cure for every disease except death.

(Mustadrak ul Wasail vol 2 pg 404)

Answer:

The narrations which are about incurable diseases may have some reasons and causes.

1. It may not have a cure in one era but in another.

For example:

As in the case of Ummul Fadl (wife of imam Jawad a.s), when Imam was poisoned by her, Imam said to her that Allah will make you suffer from a disease which has no cure.

She was suffering from vaginal leprosy and called doctors for help they gave medicines but none of them were useful.

By this narration it is cleared that on that time there was no cure for leprosy but now it is curable.

Therefore, it means that the doctors did not have the treatment or the identity and the substance, it doesn't mean that the imams didn't have any cure for the disease.

3. It is possible that the disease cannot be cured by natural things such as herbs and medicines, but it can be cured in a pleasurable way, such as prayer and spiritual cure.

   Imam Raza a.s said about the narration of Prophet PBUH that:

   As Prophet PBUH said "there is cure for every disease" means there is Dua (pray) for every disease.

The prayer has more power than medicine to cure the disease.

Prophet PBUH said:

Recitation of Surah al Hashr on head by putting hand on it is cure for all disease except death as it is brought by Jibraeel from Allah Almighty.

(Bihar ul Anwar vol 89)

Incurable diseases according to Narrations

Prophet PBUH said:

1. No one from you should drink water at night in standing position because it can cause incurable disease but may God Almighty grant peace.
   (Tuhf ul U'qool vol 1 pg 112)
2. Whoever does not urinate after janabah, the remained semen will spread into the body and causes incurable disease.
   (Man la Yahdar vol 1 pg 83)

Imam Sadiq a.s said:

Do not drink water while standing at night, do not rotate around any grave, and avoid urination on stagnant water. Whoever will do this and suffered any disease he should curse himself. and whoever does anyone of the discussed things, the disease will not let him but if Allah Want.
('Ilal ush sharaye' vol 1 pg 283)

Once a man asked Imam Sadiq a.s about eating cheese. Imam told him that it is an incurable disease. In another place Imam said that having

cheese is not good in the morning but is beneficial when eaten at night.

(Usool e Kafi vol 6 pg 340 h 3)

kinds of Diseases

there are seven kinds of diseases according to Islamic Tib:

1. Temperament diseases
2. Diseases of children and elders
3. Internal and external diseases
4. Beneficial and harmful diseases
5. Curable and incurable diseases
6. Vicious and un vicious diseases
7. Outrageous and non-outrageous diseases

Beneficial and harmful diseases

It is the credit of Islamic Tib which has divide the diseases into beneficial and harmful diseases
The beneficial ones are those which are good to the human body and should not be cured immediately because it can cause another harmful disease. The useful ones are discussed below:

1.Flu

Prophet PBUH said:

1. Don’t hate flu because it protects from leprosy.
   (Al Khisal vol 1 pg 210 h 32)

2. There is no any human being who do not have 2 veins. One of them is present in the head which causes leprosy and the other one is in the body which cause vitiligo. Whenever the head one has been triggered, Allah Almighty sends flu to excrete that dangerous liquid from the body.
   (Usool e Kafi vol 8 pg 382 h 579)

3. Flu is one of the God’s soldiers. God send it to the diseases to eliminate it.
   (usool e Kafi vol 8 pg 382)

Imam Sadiq a.s said:

Prophet PBUH never cured flu and said there is a vein of leprosy in everyone. So when a person suffers from flu, the flu protects him from leprosy.
(Usool e kafi vol 8 pg 382)

Flu is not beneficial to cure leprosy only but for all diseases which are related to veins.
Not to cure flu means, not to cure it in first three days and let it to eliminate all the viruses. But if it remains for a long period it should be cured.

2.Boils

Don't dislike boils because it protects you from the vitiligo.

(al Khisal vol 1 pg 210 h 32)

The narration means that boils and breakouts which have puss, dirt and blood in them.

3.Ophthalmia (eye pain)

Don't hate eye pain, it protects you from blindness

(Al Khisal vol 1 pg 210 h 32)

4.Cough

Prophet PBUH said:

Don't hate Cough, it protects you from paralysis and stroke.

(Al Khisal vol 1 pg 210 h 32)

Except all these four diseases others are harmful to the body.

Heel Spurs

Plantar fasciitis calcaneal

Plantar fasciitis is the most common cause of pain on the bottom of the heel. Plantar fasciitis occurs when the strong band of tissue that supports the arch of your foot becomes irritated and inflamed.

There can be many causes of heel pain

Plantar fasciitis is more common when we get out of bed in the morning

As soon as you put it on the ground, there is a sharp pain in the heels.

Like a knife wound to the ankle or maybe a broken bone.

- Heel pain is called in medical language "plantar

fasciitis". Excessive calcium intake on Monday can cause.

Other causes:

1. Obesity
2. Diabetes
3. Standing for long time
4. Running or jumping for a short while
5. Exercising longer or playing harder than usual
6. Tight or uncomfortable shoes
7. High heel sandals
8. Uric acid (gout)

When there is an increase in the amount of uric acid in the body, it starts to accumulate around the heel joints, then only in this case severe pain and swelling occurs.

9. Bursitis

Is a very painful condition and the bone of the foot is filled with something like a non-essential fluid between the muscles.

10. Tendinitis

Swelling of the feet causes severe pain in the toes. This condition can be caused by arthritis and tendinitis.

Symptoms:

1. Heel pain after sleep
2. Pain intense while walking few steps
3. Swelling of feet and heels

Tib medicines;

1. Massage with Daroo e henna + Noorah
2. Daroo e Saaf kunandeh
3. Bandage of Honey + salt
4. Exercise

Precautions:

1. Don’t wear high heels
2. Skip fatty and calcium contained foods if it is caused by high calcium intake
3. Take rest

Hemorrhoid (Piles)

There are two types of piles

Bloody and gaseous piles

Bloody piles:

Warts appear on the mouth of the anal veins.
Bleeding occurs before or after the stool passage.
In case of constipation or motions first constipation should be treated by Senna leaves etc.
According to narrations the rice bread and dried dates are good to vast intestines and to kill pile.

Cure:

1. Walnuts
2. Black cumin
3. Cheese
4. Fig (at night)
5. Russian olives
6. Rain water
7. Carrots
8. Raw dried dates
9. Orris oil
10. Massaging with zanbaq
11. Murakkabe 6
12. Jame'+ Honey (anal injection)
13. Jame'+ rice water

14. Sa’d e Koofi
15. Bala door
16. Sacral suction cupping
17. Tabib ul Atibba
18. Dastoor e joz
19. Cleansing after defecation with cold water

Avoidances:

1. Eating mud or clay
2. Istenja by hot or warm water
3. Fish along eggs
4. Fish along vinegar
5. Melon
6. Warm foods
7. Hard foods
8. Overeating

Non bleeding piles:

Warts appear on outer layer of anal. It doesn’t bleed but it feels itchy.

Cure:

1. Roghan e zanbaq

2. Sa’d e Koofi
3. Bala door
4. Sarw
5. Jame’+ rice water
6. Equal parts of Walnut+ carom seeds grind them and have 1 tsp every night
7. Fig + rice
8. Russian olives
9. Rain water (Aab e Nisaan)
10. Dried dates
11. Walnut + cheese

Preventions/Avoidances:

1. Drinking water during meals
2. Istenja by warm water
3. Fish
4. Eggs
5. Warm foods
6. Hard foods
7. Overeating

Narrations of Ahlebait a.s about piles:

Prophet PBUH said:

1. Eat figs it ills hemorrhoids and beneficial to cure Gout.

(Makarim ul Akhlaq pg 173)

Imam Ali a.s said:

Do Istenja and ablution with cold water it eliminates piles.

(Tuhf ul U'qool pg 102)

Imam Sadiq a.s said:

1. Eat walnuts with carom seeds. It keeps kidneys warm, kill piles and strengthens the stomach.

(Bihar ul Anwar vol 63 pg 198)

2. Chives (tarragons) has four benefits. It makes breath smells good, eliminates gas, kill piles and protects from leprosy.

(al Mahasin vol 2 pg 510)

3. Carrots protects from colic, piles and increases sexual abilities.

(Usool e Kafi vol 6 pg 372)

4. Sinjid (Russian olives) protects from piles and drop urination.

(Usool e Kafi vol 6 pg 361)

5. Whoever wants to be safe from piles and beneath pain, he should take seven barni dates along cow butter (Ghee)

(al Risalatuz Zahbiyah pg 35)

Imam Musa e Kazim a.s said:

Whoever clean his hands with Sa'd after Istenja and wash his mouth with Sa'd after meal he will be safe from mouth diseases and Piles.

(Usool e Kafi vol 6 pg 378)

Imam Ali Raza a.s said:

Don't eat fish and eggs together, for who does it will suffer from piles, colic and gout.

(Mustadrak ul Wasail vol 16 pg 359)

Cure of all pains

Prophet PBUH said:

Consume Olive oil and apply it on your body because it cures 70 diseases in which leprosy is the one.

(Kanz ul a'mmal vol 10 pg 48)

Imam Baqir a.s said:

Salt is the cure of seventy diseases. If people know benefits of salt, then they would not cure their diseases with any other thing.

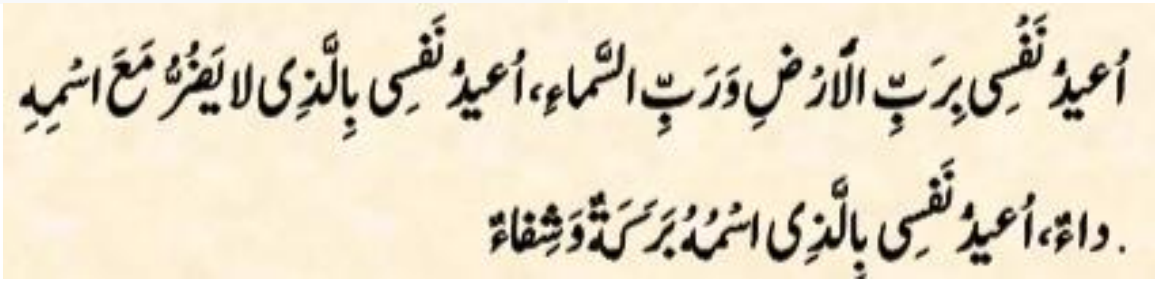
(Al Kafi vol 6 pg 325)

Imam Raza a.s said:

Allah almighty has blessed honey, to cure the diseases.

(Akhbar o Asaar Imam Ali Raza a.s pg 724)

A man once complained about some pains and diseases to Imam Raza a.s. Imam a.s taught him a Dua and said him to teach it others as well because it is the cure of all disease.


أُعيذُ نَفسِي بِرَبِّ الأَرضِ وَرَبِّ السَّماءِ، أُعيذُ نَفسِي بِالَّذِي لا يَضُرُّ مَعَ اسمِهِ
داءٌ، أُعيذُ نَفسِي بِالَّذِي اسمُهُ بَرَكَةٌ وَشِفاءٌ.

(Tib ul Aimma a.s)

Prophet PBUH said:

1. Avoid medicines until you can tolerate the pain. Have medicine when you can't tolerate the pain any more.

   (Bihar ul Anwar vol 62 pg 66)

2. Keeping nails short will keep you away from the big diseases.

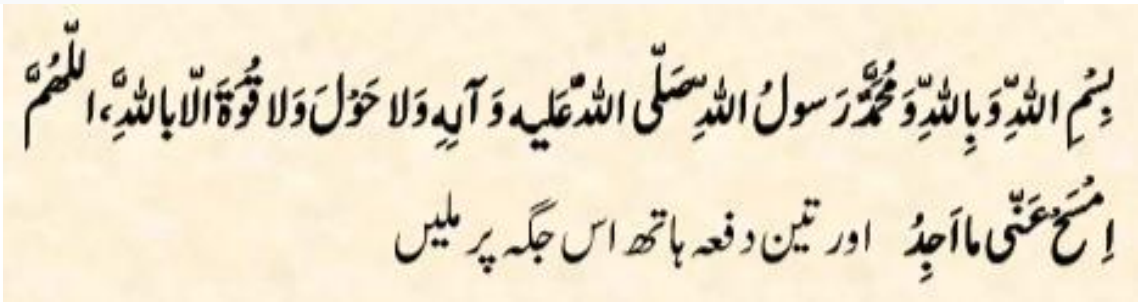
   (Tuhf ul u'qool pg 101)

3. Whoever has created the illness he himself has created the cure as well.

(Bihar ul Anwar vol 62 pg 68)

Imam Ja'far e Sadiq a.s said:

1. If anyone have any pain just put his hand on the pain and recite this and rub that area 3 times


بِسْمِ اللّٰہِ وَبِاللّٰہِ وَمُحَمَّدٌ رَسُولُ اللّٰہِ صَلَّی اللّٰہُ عَلَیْہِ وَآلِہٖ وَلَا حَوْلَ وَلَا قُوَّۃَ اِلَّا بِاللّٰہِ، اَللّٰھُمَّ
اِمْسَحْ عَنِّیْ مَا اَجِدُ اور تین دفعہ ہاتھ اس جگہ پر ملیں

(Hilyat ul Muttaqeen pg 116)

2. Eat egg plants a lot in the season when the date crops are ready to harvest because it is the cure for all disease, makes face glow, softens the veins and increases sexual ability.

(Tib ul Aimma a.s)

3. Khak Shifa (the dust of the Grave of Imam Hussain a.s) is the cure for all diseases.

(kamil uz Ziyaraat pg 175)

Imam ali Raza a.s said:

Chicory is the cure for 1000 diseases. There is no any pain which chicory can't cure.

(Bihar Ul Anwar vol 62 pg 216)

Cure:

1. Chicory
2. Sugar
3. Carom seeds
4. Eggplants
5. Dust of the grave of Imam Hussain a.s
6. Daroo e taskin e Dard

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